

life

IN ROCKVILLE

SPRING 2021

RECREATION AND PARKS
ACTIVITY GUIDE



City of
Rockville
Get Into It

AQUATICS • TOTS/PRESCHOOL • CHILDREN
CROYDON CREEK NATURE CENTER • TEENS • ADULTS
ADULTS 60+ • CULTURAL ARTS



SAFETY IS OUR HIGHEST PRIORITY.



We are currently offering limited in-person programs in small groups at our indoor facilities and parks.

All proper health and safety protocols are to be taken including:

- Extensive sanitization of all equipment before and after each class
- Small class sizes that follow Montgomery County health guidelines
- No overlap in class times to limit building capacity and allow for cleaning between each class
- All classes taking place in large spaces or outside to ensure social distancing
- Face masks required according to Montgomery County health guidelines.
- Temperature checks and COVID 19 screening questions are mandatory for some programs to meet Childcare Licensing requirements

For the latest city-related information, follow the City of Rockville on social media (Nextdoor, Facebook and Twitter).

For updates, including state and local resources, subscribe to our COVID-19 e-newsletter.

Visit mailchi.mp/rockvillemd/covid19updates to sign up.

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REGISTRATION DATES

GENERAL:
Thursday, March 4

SENIOR MEMBERS:
Thursday, March 4

STAY INFORMED

www.rockvillemd.gov/recreation
registration@rockvillemd.gov
240-314-8620

 **twitter.com/rockvillerec**
 **[instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)**

3 WAYS TO REGISTER



1. Online
at www.rockvillemd.gov/registration.



2. By Mail or Fax
Mail or fax your completed registration form. See page 62 for a list of addresses and fax numbers.



We are not taking in-person registrations at this time.
Call 240-314-8620 for information.



Advanced reservations are required and available for Rockville residents and swim center members only.

Outdoor recreation pool with slide

Indoor and outdoor pools

Fitness center
dry sauna and
hot tub

Multipurpose room

ROCKVILLE SWIM AND FITNESS CENTER

www.rockvillemd.gov/swimcenter

240-314-8750 • swimcenter@rockvillemd.gov • 355 Martins Lane, Rockville, MD 20850

The Rockville Swim and Fitness Center is a great place to swim and stay in shape year-round.

We offer three seasonal outdoor swimming pools, two year-round indoor swimming pools, sprayground, a 150-foot waterslide, hot tub, dry sauna and a fully equipped fitness center.

Visit our newly expanded and renovated locker room and lobby!

Hours

Monday - Saturday

6 a.m. - 9 p.m.

Sunday

9 a.m. - 9 p.m.

Sign Up for Notifications

Receive updates on schedule changes, weather alerts, critical announcements, upcoming classes and facility projects. Sign up today at www.rockvillemd.gov/swimcenteralerts



Swimming Classes

Annual and Seasonal Memberships Available!
Come for the Day or the Year!

Registration Begins: March 4

Registration deadline: one week prior to start date.

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenter for a list of membership rates and types. Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$15 withdraw fee will be applied for all refunds; \$5 transfer fee may apply.

Register Online:

www.rockvillemd.gov/registration

Mail to:

Swimming Lessons
RSFC
355 Martins Lane,
Rockville, MD 20850

Secure Fax to:

Swimming Lessons
240-314-8759

*Rates are determined by membership status not residency.
M = Member NM = Nonmember*

AQUATICS

Adult/Child Swim

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 6-18 mos				M/NM
18106	Tu	4/20-6/8	9-9:30 AM	\$94/\$117
18050	Sa	4/24-6/12	10:50-11:20 AM	\$82/\$102
18051	Su	4/25-6/13	10:15-10:45 AM	\$82/\$102

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 18-36 mos				M/NM
18057	M	4/19-6/7	2-2:30 PM	\$82/\$102
18107	Th	4/22-6/10	9-9:30 AM	\$94/\$117
18052	Sa	4/24-6/12	8:30-9 AM	\$82/\$102
18053	Sa	4/24-6/12	10:15-10:45 AM	\$82/\$102
18054	Su	4/25-6/13	8-8:30 AM	\$82/\$102
18055	Su	4/25-6/13	9:40-10:10 AM	\$82/\$102
18056	Su	4/25-6/13	11:25-11:55 AM	\$82/\$102

Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
18108	W	4/21-6/9	2-2:30 PM	\$94/\$117
18109	Th	4/22-6/10	9:30-10 AM	\$94/\$117
18058	Sa	4/24-6/12	9:05-9:35 AM	\$82/\$102
18059	Sa	4/24-6/12	11:25-11:55 AM	\$82/\$102
18060	Su	4/25-6/13	9:05-9:35 AM	\$82/\$102
18061	Su	4/25-6/13	10:50-11:20 AM	\$82/\$102



Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
18110	Tu	4/20-6/8	9:30-10 AM	\$94/\$117
18062	Sa	4/24-6/12	9:40-10:10 AM	\$82/\$102
18063	Su	4/25-6/13	8:30-9 AM	\$82/\$102

Preschool Swim

Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson. Note: This course is being offered an adult/child class until further notice.

Age: 4-6				M/NM
18065	M	4/19-6/7	4:10-4:40 PM	\$82/\$102
18112	W	4/21-6/9	3:35-4:05 PM	\$94/\$117
18066	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102

Floaters 1

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back. Note: This course is being offered an adult/child class until further notice.

Age: 4-6				M/NM
18067	M	4/19-6/7	3:35-4:05 PM	\$82/\$102
18068	M	4/19-6/7	4:45-5:15 PM	\$82/\$102
18113	Tu	4/20-6/8	4:35-5:05 PM	\$94/\$117
18114	Tu	4/20-6/8	5:10-5:40 PM	\$94/\$117
18115	Tu	4/20-6/8	5:45-6:15 PM	\$94/\$117
18116	W	4/21-6/9	4:10-4:40 PM	\$94/\$117
18117	Th	4/22-6/10	5:45-6:15 PM	\$94/\$117
18118	F	4/23-6/11	3:35-4:05 PM	\$94/\$117
18119	F	4/23-6/11	4:45-5:15 PM	\$94/\$117
18069	Sa	4/24-6/12	9-9:40 AM	\$82/\$102

18070	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18072	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102
18071	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18073	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18074	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18075	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102
18076	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102
18077	Su	4/25-6/13	12-12:45 PM	\$82/\$102

Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended. Note: This course is being offered as an adult/child class until further notice.

Age: 4-6				M/NM
18078	M	4/19-6/7	3:35-4:05 PM	\$82/\$102
18120	Tu	4/20-6/8	5:10-5:40 PM	\$94/\$117
18121	W	4/21-6/9	3:35-4:05 PM	\$94/\$117
18122	Th	4/22-6/10	4:35-5:05 PM	\$94/\$117
18123	Th	4/22-6/10	5:10-5:40 PM	\$94/\$117
18124	F	4/23-6/11	3:35-4:05 PM	\$94/\$117
18093	Sa	4/24-6/12	9-9:40 AM	\$82/\$102
18079	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18080	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18081	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18082	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18083	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7				M/NM
18125	W	4/21-6/9	4:10-4:40 PM	\$94/\$117
18126	Th	4/22-6/10	5:10-5:40 PM	\$94/\$117
18127	F	4/23-6/11	4:10-4:40 PM	\$94/\$117
18084	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18085	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18086	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102
18087	Su	4/25-6/13	12-12:40 PM	\$82/\$102

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
18128	Tu	4/20-6/8	5:45-6:15 PM	\$94/\$117
18129	W	4/21-6/9	4:45-5:15 PM	\$94/\$117
18088	Sa	4/24-6/12	9-9:40 AM	\$82/\$102
18089	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18090	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
18130	Th	4/22-6/10	4:35-5:05 PM	\$94/\$117
18131	F	4/23-6/11	4:45-5:15 PM	\$94/\$117
18091	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18092	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102

Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
18094	M	4/19-6/7	4:45-5:15 PM	\$82/\$102
18132	Th	4/22-6/10	5:45-6:15 PM	\$94/\$117



CHECK OUT OUR FITNESS ROOM AT RSFC

Featuring:

- 5 Treadmills
- 4 Elliptical Machines
- 2 Rowing Machines
- 3 Recumbent Bikes
- 2 Step/Climber Machines
- 13 Pieces of Single-Station Strength Training Equipment and Free Weights.
- Meeting Room (Available for Rentals and Parties).

Advanced reservations are required and available for Rockville residents and swim center members only.

240-314-8750

www.rockvillemd.gov/swimcenter

Children/Teen Swim

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2. Note: This course is being offered as an adult/child class until further notice.

Age: 7-15				M/NM
18095	W	4/21-6/9	4:45-5:15 PM	\$94/\$117
18096	F	4/23-6/11	4:10-4:40 PM	\$94/\$117
18007	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18008	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102
18009	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102
18010	Su	4/25-6/13	12-12:40 PM	\$82/\$102

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught. Note: This course is being offered as an adult/child class until further notice.

Age: 7-15				M/NM
18015	M	4/19-6/7	4:10-4:40 PM	\$82/\$102
18097	Tu	4/20-6/8	4:35-5:05 PM	\$94/\$117
18011	Sa	4/24-6/12	9-9:40 AM	\$82/\$102
18012	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18013	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18014	Su	4/25-6/13	12-12:40 PM	\$82/\$102



RSFC IS NOW HIRING!

Lifeguards • Swim Instructors
Front Desk Attendants
Water and Land Fitness Instructors

Apply online at www.rockvillemd.gov/careers

For additional information, call **240-314-8750** or visit
www.rockvillemd.gov/swimcenter

Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7-15				M/NM
18018	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102
18019	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18020	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18021	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102
18022	Su	4/25-6/13	12-12:40 PM	\$82/\$102

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7-15				M/NM
18023	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102
18024	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18025	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18026	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18041	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102
18042	Su	4/25-6/13	12-12:40 PM	\$82/\$102

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7-15				M/NM
18027	Sa	4/24-6/12	9-9:40 AM	\$82/\$102
18028	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18029	Sa	4/24-6/12	6:05-6:45 PM	\$82/\$102
18017	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18030	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18031	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7-15				M/NM
18043	Sa	4/24-6/12	9-9:40 AM	\$82/\$102
18044	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18045	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18046	Sa	4/24-6/12	7:35-8:15 PM	\$82/\$102
18047	Su	4/25-6/13	9:45-10:25 AM	\$82/\$102
18048	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7-15				M/NM
18037	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102
18040	Sa	4/24-6/12	6:50-7:30 PM	\$82/\$102
18016	Su	4/25-6/13	9-9:40 AM	\$82/\$102
18038	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102
18039	Su	4/25-6/13	12-12:40 PM	\$82/\$102

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7+				M/NM
18032	Sa	4/24-6/12	9-9:40 AM	\$82/\$102
18033	Sa	4/24-6/12	9:45-10:25 AM	\$82/\$102
18049	Sa	4/24-6/12	10:30-11:10 AM	\$82/\$102
18034	Sa	4/24-6/12	11:15-11:55 AM	\$82/\$102
18006	Su	4/25-6/13	10:30-11:10 AM	\$82/\$102
18035	Su	4/25-6/13	11:15-11:55 AM	\$82/\$102

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15				M/NM
18036	Su	4/25-6/13	12-12:45 PM	\$82/\$102

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
18099	Tu	4/20-6/8	8:30-9:15 PM	\$94/\$117
18100	W	4/21-6/9	8:35-9:20 PM	\$94/\$117

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
18103	W	4/21-6/9	8:35-9:20 PM	\$94/\$117
18104	Th	4/22-6/10	8:30-9:15 PM	\$94/\$117

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
18105	Tu	4/20-6/8	8:30-9:15 PM	\$94/\$117

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
18098	Th	4/22-6/10	8:30-9:15 PM	\$94/\$117

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. No equipment is provided. This course meets in the shallow water Recreation pool during the outdoor season.

Age: 16+				M/NM
17952	Tu	4/20-6/8	6:35-7:20 AM	\$45/\$54
17963	Th	4/22-6/10	6:35-7:20 AM	\$45/\$54

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 16+				M/NM
17945	M	4/19-6/7	10:15-11 AM	\$40/\$47
17965	W	4/21-6/9	10:15-11 AM	\$45/\$54
17964	F	4/23-6/11	10:15-11 AM	\$45/\$54

Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are not provided.

Age: 16+				M/NM
17943	M	4/19-6/7	8:30-9:15 AM	\$40/\$47
17944	M	4/19-6/7	9:20-10:05 AM	\$40/\$47
17953	Tu	4/20-6/8	8:30-9:15 AM	\$45/\$54
17954	Tu	4/20-6/8	9:20-10:05 AM	\$45/\$54
17955	W	4/21-6/9	8:30-9:15 AM	\$45/\$54
17956	W	4/21-6/9	9:20-10:05 AM	\$45/\$54
17957	Th	4/22-6/10	8:30-9:15 AM	\$45/\$54
17958	Th	4/22-6/10	9:20-10:05 AM	\$45/\$54
17959	F	4/23-6/11	8:30-9:15 AM	\$45/\$54
17960	F	4/23-6/11	9:20-10:05 AM	\$45/\$54

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+				M/NM
17961	Tu	4/20-6/8	10:10-10:55 AM	\$45/\$54
17962	Th	4/22-6/10	10:10-10:55 AM	\$45/\$54

Deep Water Workout

Enjoy this swim class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+				M/NM
17947	M	4/19-6/7	9:15-10 AM	\$40/\$47
17973	Tu	4/20-6/8	7:40-8:25 PM	\$45/\$54
17970	W	4/21-6/9	9:15-10 AM	\$45/\$54
17972	Th	4/22-6/10	7:40-8:25 PM	\$45/\$54
17971	F	4/23-6/11	9:15-10 AM	\$45/\$54



ROCKVILLE RAYS

PRACTICES START MAY 26

Summer Swim Team at the Rockville Swim and Fitness Center Competing in the Montgomery County Swim League

More information and registration instructions available in May at www.rockvillemd.gov/swimcenter

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+				M/NM
17946	M	4/19-6/7	9:20-10:05 AM	\$40/\$47
17966	Tu	4/20-6/8	7:40-8:25 PM	\$45/\$54
17968	W	4/21-6/9	9:20-10:05 AM	\$45/\$54
17967	Th	4/22-6/10	7:40-8:25 PM	\$45/\$54
17969	F	4/23-6/11	9:20-10:05 AM	\$45/\$54

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 16+				M/NM
18145	M	4/19-6/7	7-8 AM	\$66/\$77
18111	W	4/21-6/9	7-8 AM	\$75/\$88
17985	F	4/23-6/11	7-8 AM	\$75/\$88

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+				M/NM
17980	Tu	4/20-6/8	11:05-11:50 AM	\$55/\$67
17978	Tu	4/20-6/8	9:15-10 PM	\$55/\$67
17981	Th	4/22-6/10	11:05-11:50 AM	\$55/\$67
17979	Th	4/22-6/10	9:15-10 PM	\$55/\$67

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/ close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+				M/NM
18138	Su	4/25-6/13	7-8:30 PM	\$102/\$122

Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+				M/NM
17997	Su	4/25-6/13	8:05-8:55 AM	\$68/\$82



Certification and Training

Lifeguard Training

The American Red Cross Lifeguard Training course will prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course and pass a pre-screen test (300-yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 pound brick retrieval within one minute, forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane). A detailed Course Schedule / Syllabus will be provided via email before the first day of class. Students MUST attend all class sessions as scheduled.

Age: 15+				
18485	Th	4/8-5/13	7-10:30 PM	\$195



TOTS AND PRESCHOOLERS

Arts, Dance and Enrichment

Little Fingers Music ONLINE (Adult/Child)

Instill a love of music through a fun online learning experience. Students are introduced to the guitar or piano, learn about musical concepts and play songs. Program fee includes the instrument rental, shipping and a workbook for each child that is intended for use during class and independent practice. Instrument and materials will be shipped to your home and can be returned via the U.S. Postal Service.

Guitar

Age: 3-5

18241 Sa 4/10-5/15 9:45-10:15 AM \$120/\$130

Piano

Age: 2-5

18240 Sa 4/10-5/15 9:45-10:15 AM \$120/\$130
Online/Learn Now Music Staff

Music Together ONLINE (Adult/Child)

Enjoy our high-quality music curriculum loved by families and teachers around the world - from home! Each week, families enjoy a live Zoom class (several time options to choose from) and have access to three prerecorded classes to watch at your convenience. You will also receive our award-winning music CDs and songbooks (physical and digital copies) and bonus content such as activity sheets, videos and ideas for making music as a family. Even though your teacher is on the screen, each class has been designed as an active music-making experience for little ones and their grownups. One fee includes the whole family so you can all enjoy Music Together.

Age: 1 mos-5yr

18263 4/5-6/19

Online/Winkler, Liddle

Online

\$199/\$219

Martial Arts

Kicks Karate - Little Ninjas

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes and save \$29.

Age: 3yr 6m-6yr

18229	M	4/12-5/10	4-4:35 PM	\$85/\$95
18230	Tu	4/13-5/11	5:40-6:15 PM	\$85/\$95
18231	W	4/14-5/12	4-4:35 PM	\$85/\$95
18232	Th	4/15-5/13	5:40-6:15 PM	\$85/\$95
18233	F	4/16-5/14	4-4:35 PM	\$85/\$95
18228	Sa	4/17-5/15	9:50-10:25 AM	\$85/\$95

Kicks Karate/Staff

Tots/Preschool Programs

Playing It Safe - Toddler Time

Enjoy time with your toddler outside with other families while playing physically distanced games and enjoying recreational activities led by staff. Safety procedures such as hand washing, physical distancing and face coverings are promoted. Classes are held outside and will be canceled in the case of inclement weather. Space is limited to five adult/child pairs per class. Adult participation is required.

Age: 3-5

18362	M	4/5-4/26	10:30-11:30 AM	\$15/\$20
18363	M	5/3-5/24	10:30-11:30 AM	\$15/\$20

Twinbrook CRC

Sports - Instructional

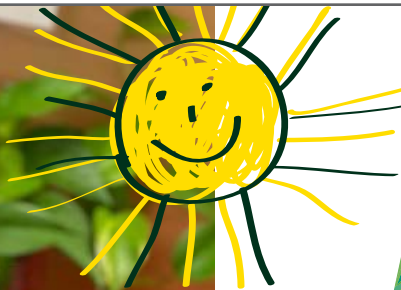
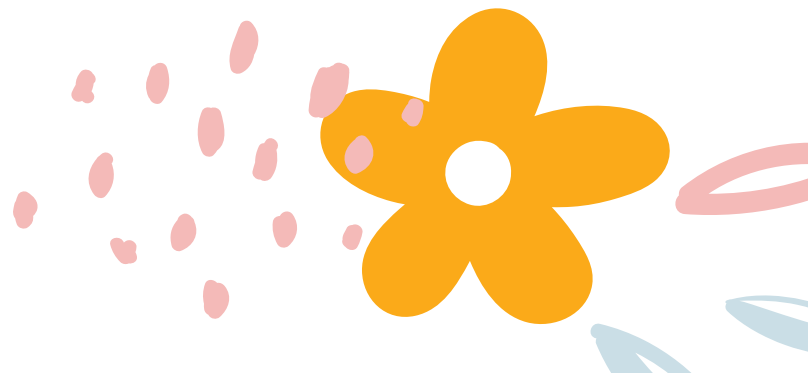
Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching and passing. Masks are required at all times. Safety procedures such as physical distancing and assigned equipment for each participant are in place.

Age: 4-6

18408	M	4/12-5/17	4:30-5:15 PM	\$70/\$80
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Lincoln Park CC/Dawkins



Spaces are available at the
City of Rockville's

MONTROSE
Discovery Preschool

451 Congressional Lane, Rockville

9 a.m.-1 p.m., \$570/\$670 per month

8:30 a.m.-5:30 p.m., \$1090/\$1190 per month

Small class sizes. Experienced, loving teachers.
All Covid-19 safety measures followed.

Children must be 3-5 years old and potty trained.
Contact childcare@rockvillemd.gov to schedule a virtual tour.



www.rockvillemd.gov/preschool



CHILDREN

Arts, Dance and Enrichment

Ballet for Children - Beginner

Learn the art of ballet through an elementary but professional approach. Register for your current level. Students will advance levels by instructor recommendations. Solid color leotard and ballet shoes recommended. Register for one class and add additional classes of similar level (of equal or lesser value) for \$35 each. Small in-person instruction may be introduced on a rotating basis as space and safety permits.

Young Beginner

Age: 5-7

18234 F 4/9-6/4 4:30-5:25 PM \$95/\$105

Beginner

Age: 6-13

18488 F 4/9-6/4 5:45-6:40 PM \$95/\$105

18236 Sa 4/10-5/29 12:20-1:20 PM \$95/\$105

Online/E. Simpson

Intermediate I

Age: 8+

18237 M 4/12-5/31 4:30-5:20 PM \$95/\$105

Online/Chongpinitchai

Intermediate II

Age: 9+

18238 W 4/7-6/2 4:30-5:20 PM \$115/\$125

Online/Adhikari

Guitar for Kids

Learn a new skill or refresh one long forgotten with this acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar, tuner, and a device capable of using Zoom. All class worksheets and materials will be shared electronically. Acoustic guitars can be rented for \$40 a semester by calling 301-340-1150.

Age: 8-12

18287 M 5/3-5/24 5-6 PM \$59/\$69

Online/The School of Music

Krafty Kids in Person

Your child will create a series of fun art and crafts projects designed to work on fine motor skills while encouraging fun and creativity. They will explore lots of "really cool" materials that develop sensory awareness and expand imaginations. Children complete two projects each week. Face masks must be worn at all times.

Age: 6-10

18413 Th 4/8-4/29 4:30-5:30 PM \$45/\$50

18423 Th 5/6-5/27 4:30-5:30 PM \$45/\$50

Isreal Park (next to Lincoln Park CC)

visarts

Join us for online art classes!



We provide all the instruction you will need to create a work of art. Most of the materials you have at home.



Register at
www.visartscenter.org

VisArts | 155 Gibbs Street, Rockville | 301-315-8200



LNM - Instrumental Music Ensemble

Choose your instrument; drums, guitar, piano or violin, and let's make a musical ensemble! Musicians participate in online instrument instruction, explore music theory, enjoy listening excerpts and games. Program includes instrument rental and practice materials for at-home use. Choose your instrument when registering. Equipment will be shipped to your home and can be returned via the U.S. Postal Service. Shipping and instrument rental costs are included in the class fee.

Age: 5-12

18260 W 4/7-5/12 3:30-4:30 PM \$189/\$199

18261 Th 4/15-5/20 6-7 PM \$189/\$199

Online/Learn Now Music Staff

Fitness

Family Fitness Morning Jumpstart - ONLINE

Jumpstart your day as you discover new ways to get fit at home. The whole family can enjoy a fun cardiovascular workout that will get you energized and ready for the day. One registration fee per family!

Age: All Ages

18222 Tu, Th 4/13-5/13 7:30-8:15 AM \$70/\$75

Online

Poms with a Purpose - ONLINE

Feel good about this virtual cheerleading class that strives to build confidence and inspire healthy choices while helping the community. Participants will learn new exercises along with a cheer and dance routine. A portion of the proceeds from every class will go to a different charity. The charity of the week will be announced at the end of every class. We hope to cheer with you soon!

Age: 6-11

18221 W 4/7-5/12 5-5:45 PM \$60/\$65

Online

Zumba Fit - Kids

In this fun, educational class, participants do a 15-20-minute kid-friendly warm up, then learn about the countries and cultures that inspired the dances presented. Each week, we'll visit a different country on the map to learn fun facts and each country's native dance. Participants will also play a game that combines what they learned with a fun activity. Class concludes with a cool down and the kids decorate their passports to record their journey.

Age: 7-12

17996 Sa 4/24-6/12 12-12:50 PM \$60/\$71

Rockville Swim and Fitness Center/Pool

MY GYM CLASSES LIVE!

Enjoy live instruction from fun and entertaining teachers as a supplement to your children's home education learning, fitness and play.

Register by the week - \$16/\$18
Each registration includes multiple classes per week. Times vary by day.
See schedule for details.

Waddlers and Tiny Tykes

Under 2 years

Gymsters and Terrific Tots

2-3 years

Mighty Mites and Whiz Kids

3-6 years

Super Kids and Gymnastics

6-10 years

Martial Arts

Fencing - Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

18298	Th	4/22-6/10	6-7 PM	\$128/\$140
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18295	Sa	4/24-6/19	11 AM-12 PM	\$128/\$140
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Age: 10-13

18296	Th	4/22-6/10	7:20-8:40 PM	\$128/\$140
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18297	Sa	4/24-6/19	12:20-1:40 PM	\$128/\$140
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Rockville Fencing Academy/Staff

Kicks Karate - Children

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Fee includes two classes per week. Choose two days at checkout.

Age: 7-12

18251	M	4/12-5/10	4:35-5:20 PM	\$129/\$139
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18247	Tu	4/13-5/11	6:15-7 PM	\$129/\$139
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18248	W	4/14-5/12	4:35-5:20 PM	\$129/\$139
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18249	Th	4/15-5/13	6:15-7 PM	\$129/\$139
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18250	F	4/16-5/14	4:35-5:20 PM	\$129/\$139
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18246	Sa	4/17-5/15	12:55-1:40 PM	\$129/\$139
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Kicks Karate/Staff



Sports - Instructional

Above the Rim Basketball Skills Clinic

Increase your confidence and learn basketball skills such as dribbling, passing and shooting. Learn proper techniques, rules of the game and ball control. Our experienced coaches will integrate fun drills and individual training to get the most out of your basketball experience

Co-Ed K-1st

18440 Th 4/8-5/13 5:30-6:20 PM \$65/\$75

Co-Ed 2nd & 3rd

18441 M 4/5-5/10 6:30-7:20 PM \$65/\$75

Welsh Park

Girls 3rd-5th

18442 W 4/7-5/12 5:30-6:20 PM \$65/\$75

Girls 6th-8th

18443 W 4/7-5/12 6:30-7:20 PM \$65/\$75

King Farm Park

Boys 3rd-5th

18444 Tu 4/6-5/11 5:30-6:20 PM \$65/\$75

Boys 6th-8th

18445 W 4/7-5/12 6:30-7:20 PM \$65/\$75

Woodley Gardens Park

Batter Up - Beginner T-ball Skills

Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are introduced. Bring a mitt to class.

Age: 4-6

18350 Tu 4/6-5/11 5-5:50 PM \$65/\$75

Age: 6-8

18426 Tu 4/6-5/11 6-6:50 PM \$65/\$75

King Farm Park/Hawkins

Age: 4-6

18436 F 4/9-5/14 5-5:50 PM \$65/\$75

Woodley Gardens Park

Make It Happen Basketball

This basketball program features techniques and drills that will turn you into a complete player. Learn the fundamentals and increase your speed and footwork with special speed and agility training. Program is taught by an instructor who played overseas with and against some of the NBA's finest players. Safety procedures such as physical distancing and assigned equipment for each participant are in place. Face masks must be worn at all times. Bring a water bottle.

Age: 8-11

18409 Tu 3/16-4/27 5-6 PM \$60/\$70

Lincoln Park CC/Williams

Kick Start Soccer Skills Spring

Practice soccer fundamentals and develop better skills.

Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-6

18348 Th 4/8-5/13 5-5:50 PM \$65/\$75

Age: 7-9

18349 Th 4/8-5/13 6-6:50 PM \$65/\$75

Fallsgrove Park

Age: 3-5

18437 Sa 4/10-5/15 9-9:50 AM \$65/\$75

Age: 5-7

18438 Sa 4/10-5/15 10-10:50 AM \$65/\$75

Age: 8-10

18439 Sa 4/10-5/15 11-11:50 AM \$65/\$75

King Farm Park/Hawkins

Tennis (Adult/Child)

Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; register child only. Adults should bring a racket. All other equipment is provided.

Age: 6-10

18327 F 4/16-5/21 4-4:50 PM \$95/\$105

18328 F 4/16-5/21 5-5:50 PM \$95/\$105

18329 F 4/16-5/21 6-6:50 PM \$95/\$105

King Farm Park/Z. Yargici

18326 Sa 4/17-5/22 5-5:50 PM \$95/\$105

Fallsgrove Park/Z. Yargici

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

City of Rockville Parks and Facilities SPOTLIGHT

Dogwood Park

800 Monroe Street, Rockville, MD 20850

Dogwood Park opened in 1969 and currently spans 40.22 acres.

This park hosts many different youth and adult programs, including sand volleyball, tennis and pickleball classes, youth cross country meets and Rockville Baseball Association (RBBA) baseball and softball games. Come by this park any night of the week or weekend to use any of the amenities this park offers, catch a local baseball game or grab a quick bite at the RBBA “Dogwood Dogs” snack bar.



In May 2020, with help from the RBBA and artist Kris Connors, a wood statue of Walter Johnson was dedicated as a centerpiece of Dogwood Park, which fittingly already has one of the fields named after the former Washington Senators pitcher. Johnson, also known as “The Big Train,” played for the Senators for 21 years and, when he retired, he served as a Montgomery County Commissioner. Johnson is buried in the Rockville Cemetery on Baltimore Road. All this information and more can be found on the interpretive sign in front of the statue in the park.

The park amenities include:

- 3 ball diamonds
- Batting cages
- 3 lighted basketball courts
- 3 lighted tennis courts with pickleball lines
- 2 playgrounds
- Sand volleyball court
- 2 pavilions with picnic tables
- Snack bar
- Walter Johnson statue with interpretive sign

Tennis - Net Generation I

Enjoy tennis in a fun environment using smaller sized rackets, and softer balls on a smaller court. Learn grip, basic strokes and a variety of tennis related games. Bring a water bottle and a racket if you own one, otherwise a junior racket will be provided.

Age: 5-7

18616	Tu	4/13-5/18	5-5:50 AM	\$75/\$85
Montrose CC and Park/Z.Yargici				
18617	Th	4/15-5/20	5-5:50 AM	\$75/\$85
Montrose CC and Park/Z.Yargici				
18618	Sa	4/17-5/22	4-4:50 PM	\$75/\$85
Falls Grove Park/Z.Yargici				
18615	Sa	4/17-5/22	9-9:50 AM	\$75/\$85
King Farm Park/M.Yargici				
18606	Su	4/18-5/23	9-9:50 AM	\$75/\$85
Woodley Gardens Park/Palmer				
18607	M	4/19-5/24	4:30-5:20 PM	\$75/\$85
Potomac Woods Park/Palmer				

Tennis - Net Generation II

Learn and improve ground strokes and techniques as you meet other players in a fun setting. Rally skills and court coverage will be included and learning how to play games, based on skill development. Bring a racket and water bottle.

Age: 8-10

18619	Tu	4/13-5/18	6-6:50 PM	\$75/\$85
Montrose CC and Park/Z.Yargici				
18620	Th	4/15-5/20	6-6:50 PM	\$75/\$85
Montrose CC and Park/Z.Yargici				
18608	Sa	4/17-5/22	10-10:50 AM	\$75/\$85
King Farm Park/M.Yargici				
18684	Su	4/18-5/23	10-10:50 AM	\$75/\$85
Woodley Gardens Park/Palmer				
18609	M	4/19-5/24	5:30-6:20 PM	\$75/\$85
Potomac Woods Park/Palmer				

Tennis Skills and Drills I

Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Bring a racket and water bottle.

Age: 9-12

18321	Sa	4/17-5/22	11-11:50 AM	\$75/\$85
King Farm Park/M.Yargici				

Before and After School Enrichment

Bookworms

This program will meet bi-weekly to read a new storybook and complete an activity based on the book. Activity kits will be available for pick up prior to the beginning of class. An email will be sent with pick up details after registration.

Age: 5-7

18456 Th 3/11-5/20 4-5 PM \$25/\$30
Online

Play Pods

Escape to the outdoors! Play is important for physical and mental health. Children will spend time outdoors with peers, enjoying crafts, games, and unstructured play safely. Experienced activity leaders stay together with the same group of children throughout the session. Safety procedures such as hand washing, physical distancing and face coverings are promoted.

Age: 5-11

18242 W 4/7-4/28 1-5 PM \$120/\$130
18243 W 5/5-5/26 1-5 PM \$120/\$130

Potomac Woods Park

18486 W 4/7-4/28 1-5 PM \$120/\$130
18487 W 5/5-5/26 1-5 PM \$120/\$130

Woodley Gardens Park

Playing It Safe

Get together with your friends and play games, enjoy crafts and participate in hands-on activities with our experienced staff. All programs take place outdoors at the community centers and will be canceled in the case of inclement weather. Safety precautions such as hand washing, individually assigned supplies and physical distancing will be promoted. Face masks are required at all times.

Age: 6-12

18338 Th 4/1-4/29 4:30-6 PM \$25/\$30
18335 M 4/5-4/26 4:30-6 PM \$25/\$30
18341 M 5/3-5/24 4:30-6 PM \$25/\$30
18342 Th 5/6-5/27 4:30-6 PM \$25/\$30

Thomas Farm CC

18358 Tu 4/6-4/27 4-5:30 PM \$25/\$30
18359 W 4/7-4/28 4-5:30 PM \$25/\$30
18364 Tu 5/4-5/25 4-5:30 PM \$25/\$30
18368 W 5/5-5/26 4-5:30 PM \$25/\$30
18360 Th 5/6-5/27 4-5:30 PM \$25/\$30

Twinbrook CRC

18419 W 4/7-4/28 4:30-6 PM \$25/\$30
18422 W 5/5-5/26 4:30-6 PM \$25/\$30

Isreal Park (next to Lincoln Park CC)

SPRING BREAK PROGRAMS

Park Adventure - Spring Play Days

Come out and play! Spend the morning sampling some of our favorite camp games and crafts as we prepare for a "Return to Fun in Summer 2021!" Our experienced staff will lead children through a morning full of activities that will showcase how fun camp can be even while practicing physical distancing and wearing face coverings. Program will be held outdoors.

Age: 5-11

18489 Tu 3/30 10 AM -12 PM \$15/\$20
Potomac Woods Park

18490 Th 4/1 10 AM -12 PM \$15/\$20
Woodley Gardens Park

Rec-It Kits

Spend some of your spring break enjoying this Rec-it Kit. The kit will engage kids in games, fitness and craft activities. Kits will be available for pick-up the week of March 22. An email will be sent to you the week of March 15 with pick-up details.

Age: 6-12

18513 Week of 3/22 \$8/\$10

Spring Break Tennis Clinic

Learn how to play tennis in a fun environment and develop skills while connecting with new friends. Children will learn basic strokes, techniques and how to play games. Using lighter rackets and slower balls on a smaller court will allow players to become successful early. Bring a lunch, drink and plenty of water. If you own a racket bring it, otherwise one will be provided.

Age: 7-10

18611 M-W 3/29-3/31 10 AM-2 PM \$125/\$145
King Farm Park/Palmer

YOUTH SPRING SPORTS



Leagues Now Forming!

Space is Limited.

Co-Ed T-ball

Age: 4-6

#17635

Co-Ed Coach Pitch Baseball

Age: 7-9

#17634

Co-Ed Soccer

Ankle Bitters

Grade: Pre-K

#17646

Tiny Kicks

Grade: K

#17636

Strikers

Grade: 1

#17637

Pee Wees

Grade: 2-3

#17638

Bantams

Grade: 4-5

#17639

Cross Country

Lil' Rabbits

Grade: 1-3

#17688

Striders

Grade: 4-6

#17641

Blazers

Grade: 7-8

#17642

Jaguars

Grade: 9-12

#17643

For more information:

sports@rockvillemd.gov • 240-314-8620 • www.rockvillemd.gov/recreation/sports

RBBA – Baseball and Girls Softball leagues go to www.rbba.org for more information.

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this spring:

Youth Soccer • T-ball • Coach Pitch • Cross Country

For more information call **240-314-8620** or email **sports@rockvillemd.gov**

Officials Needed!

**Youth and Adult Leagues
Weekday Evenings and Weekends**

**Youth Soccer • Youth Basketball • Adult Softball
Adult Basketball • Adult Soccer**

For more information call **240-314-8620** or email **sports@rockvillemd.gov**

Worried about the weather? Call the Sports League Line at 240-314-5055.

IN-PERSON | VIRTUAL | OUTDOORS

SUMMER CAMPS

2021

A RETURN TO
FUN!

Registration Begins
April 6

SAFE CAMPS
THROUGHOUT
THE CITY

Ages 5-16!

S.T.E.A.M.

Music

THEATER

SPORTS

CREATIVITY



Find out more
about safety
camp practices.



CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

240-314-8770 • naturecenter@rockvillemd.gov • 852 Avery Road, Rockville, MD 20851

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.

City Nature Challenge

Learn about the City Nature Challenge scheduled for 4/30-5/3 and how to use the iNaturalist app to participate in this region-wide bioblitz.

iNaturalist Training

iNaturalist is an easy to use citizen science app and social network that helps you to identify living organisms and record biodiversity. Learn how to use iNaturalist to identify and map local species and improve your natural history knowledge. Download the app from the Google App store prior to 4/25.

Age: 12+

18455	Su	4/25	2-3 PM	Free
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Exploring Vernal Pools

Discover what makes a vernal pool and who lives in one. Hike off the beaten path to see the best vernal pools in the Hayes Forest Preserve. Wear good hiking shoes, a mask and dress for the weather. This program will be entirely outdoors.

Age: 8-12

18452	Su	4/11	2-4 PM	\$8/\$10
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Family Bird Hike

Grab your binoculars or borrow some from us and enjoy a hike identifying some of the birds that live around the nature center. All participants, including adults, must register.

Age: 5+

18612	Sa	5/1	9:30-10:30 AM	\$5/\$6
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Little Explorers

Go on hiking adventures with our naturalists, play games and discover the fun that can be had outdoors. Spaces are limited. Dress for the weather and please wear a mask. All children must be accompanied by an adult

Age: 2-5

18458	Sa	4/17	10-11 AM	\$8/\$10
18459	Sa	4/24	10-11 AM	\$8/\$10
18460	Sa	5/15	10-11 AM	\$8/\$10
18461	Sa	5/29	10-11 AM	\$8/\$10

Outdoor Nature Club

Spending time in nature builds resilience, self-confidence, and creativity. We'll form a nature exploration pod and spend the hour outdoors investigating and learning about nature. Please dress for the weather, wear a mask and be prepared to spend 60 minutes in the great outdoors roaming the forest preserve with two experienced naturalists. Meets every other week for 4 sessions.

Acorns

Age: 6-8

18453	W	4/14-5/26	3:30-4:30 PM	\$40/\$50
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Spring Bird Walks

Discover the joy of watching birds! Join us on a socially distant morning walk for beginning birders. Learn how to use binoculars for birding, how to identify common local species, how to use bird guides and apps, and much more. Binoculars provided or bring your own. Paths are paved at RedGate Park but not at Croydon Creek Nature Center.

CCNC

Age: 16+

18462	Sa	5/8	7:30-9 AM	\$5/\$6
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RedGate Park

Age: 16+

18463	Tu	5/18	7:30-9 AM	\$5/\$6
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PARTY ON THE WILD SIDE

with Croydon Creek Nature Center Virtual Parties!

Croydon Creek nature parties are designed to educate and entertain with virtual programming that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience all from the comfort of your own home!

BIRTHDAY PARTY THEMES

Virtual Classic Party

(ages 3+; all year)

Duration: 20-30 minutes

Would you like to make your birthday a little extra special? Meet some of Croydon Creek Nature Center's animal ambassadors virtually and learn what makes them unique!

Virtual Owl Party

(ages 7+; all year)

Duration: 20 minutes

Invite Cricket the Screech Owl to your birthday party! Meet him virtually and learn about amazing owl adaptations. Owl pellet dissection kits can be added on at additional cost for a birthday party no one will soon forget!

PARTY PLANNING DETAILS

Virtual parties hosted by Croydon Creek Nature Center feature a 30-minute, fun-filled animal presentation. Additional elements such as craft kits or owl pellet dissection kits can be added on for an additional fee. Please email Croydon Creek at ccnc@rockvillemd.gov for more details about a virtual party.

SCHEDULING A PARTY

Parties are scheduled year-round on Saturdays and Sundays. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability or email at ccnc@rockvillemd.gov

PARTY FEES

Virtual Classic Party: \$50

Virtual Owl Party: \$65

Craft kit add-on: \$3 per kit

Owl pellet dissection kit add-on: \$5 per kit



Free Art & Sustainability Workshops Series

Instructed by:



Rosa Sung Ji Chang



Kenya Miles



Sun English

Register at www.visartscenter.org/insideart/

VisArts would like to thank the Environmental Management Division for making these workshops free & open to the public

visarts



**Saturday, May 15
9 a.m.-5 p.m.**

The National Park Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate.

Spend time outdoors. Enjoy the Hayes Forest Preserve.

240-314-8770



CLEAN-UP EVENTS

**Hayes Forest Preserve
Trash Free Potomac Creek Clean-up**
Saturday, April 10, 9 a.m.-noon

Invasive Species Pull
Sunday, May 2, 1:30-4:30 p.m.

- Time working at events is eligible for Student Service Learning hours.
- Students 14 years and younger must be accompanied by an adult.
- Gloves and bags are provided.

At Croydon Creek Nature Center
852 Avery Road
No pre-registration required • 240-314-8770



TEENS

Arts, Dance and Enrichment

Ballet - Teen and Adult

Learn the art of ballet through an elementary but professional approach. Advanced classes are for serious dancers with previous training. See Children's, Teens and Adult sections for more classes. Register for one class and add additional classes of similar level (of equal or lesser value) for \$50 each. Dancers may have the opportunity to participate in small group, in-person instruction on a rotating basis as space and safety permits.

Intermediate III and Beginner Pointe

Age: 10+
18259 Tu 4/6-6/1 4:30-5:50 PM \$175/\$185
Online/Pali Keppetipola

Advanced

Age: 12+
18258 W 4/7-6/2 5:40-7 PM \$175/\$185
Online/April Adhikari

Intermediate III and Beginner Pointe

Age: 12+
18257 Th 4/8-6/3 4:30-5:50 PM \$175/\$185
Online/Chongpinitchai, Simpson

Advanced

Age: 12+
18254 M 4/12-5/31 5:40-7 PM \$145/\$155
Online/Chongpinitchai

Adventures from Glenview Mansion

SOS! Mayday!! Help!!! If anyone is receiving this message, my name is Professor Havren Claw and I have become unstuck in time and space! My assistants and I have been tumbling from world to world through deadly dungeons and dicey situations, seeking a way home through an ever-shifting landscape of new realities, each seemingly designed and brought to life by a completely different guest host with every change of scenery! I've managed to beam a signal out through most podcasting platforms. Please like, follow, subscribe, do whatever you can to reach us... you may be our only hope!

Age: 14+

Episode 1

We take our first steps into the world of Dungeons and Dragons.

18372 W 4/14 7-8 PM Free
Online

Episode 2

Another episode, another world! Each episode can be enjoyed on its own, but for maximum mayhem and adventure, start at the beginning.

18373 W 4/28 7-8 PM Free
Online

Episode 3

The adventurers continue their journey. Who knows what awaits?

18374 W 5/12 7-8 PM Free
Online

Episode 4

Will this be the episode that the adventurers make it home? Listen to find out!

18375 W 5/26 7-8 PM Free
Online

Fitness

Pilates - Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

18139 Th 4/22-6/10 10:15-11:15 AM \$95/\$114
Rockville Swim and Fitness Center/Kolanowski

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

18064 M 4/19-6/7 7-8 PM \$75/\$90
Rockville Swim and Fitness Center/DiTullio

Martial Arts

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$29.

Age: 13+

18224 M 4/12-5/10 8:25-9:10 PM \$85/\$95

18225 Tu 4/13-5/11 8:15-9 PM \$85/\$95

18226 W 4/14-5/12 8:15-9 PM \$85/\$95

18227 Th 4/15-5/13 8-8:45 PM \$85/\$95

Kicks Karate/Staff

Sports - Instructional

Teen Sand Volleyball Clinic

This co-ed volleyball clinic teaches participants in grades 6-10 the fundamentals of volleyball. This action-packed session is designed to teach the basic skills of volleyball to beginner and intermediate players. Participants will learn passing, setting, hitting, blocking, returning, team strategy as well as playing games.

Grade: 6-8

18354 W 4/7-5/12 6-6:50 PM \$65/\$75

Grade: 9-10

18356 W 4/7-5/12 7-7:50 PM \$65/\$75

Dogwood Park/Alcivar

Tennis Skills and Drills II

Focus on practicing and improving strokes, and rally skills. Learn scoring for singles and doubles, based on skill development. Bring a racket and water bottle.

Age: 12-15

18610 Sa 4/17-5/22 12-1:10 PM \$85/\$95

King Farm Park/M.Yargici

Sports - Leagues

Kickball League for Teens

Are you an athlete, a baseball or soccer fan? Why not all? Thursday night is lights on at Woodley Gardens Park. Grab your friends, join a team and use your skills in a traditional game of kickball. This is a non-competitive program for teens that enjoy sports and games outdoors. Recreation staff will oversee game play and program safety procedures. Teams are determined by registration numbers and will rotate each week. Once assigned to a team, participants will meet on the field during the scheduled game time and receive instruction of play. Highest score wins the game. Game balls will be disinfected and interchanged in between games. No sharing of supplies, equipment and personal belongings and spectators allowed on the field during program hours.

Age: 11-16

18626 Th 4/22-5/27 5-7 PM \$35/\$45

Woodley Gardens Park



Teen Programs

Game Truck Madness

Join us for an unforgettable gaming experience! The Game Truck is rolling into Rockville in one of their high tech, state of the art gaming theaters. Participants have a chance to play over 85 different games on PlayStations 4, Xbox One, Xbox 365, Nintendo Switch and WiiU. All Equipment is sanitized before, during and after each use. Face masks must be worn at all times.

Age: 11-15

18451 Th 4/1 10 AM-12 PM \$30/\$40

Mattie Stepanek Park

Outdoor Arrow Tag Adventures

Imagine playing the best archery video game you've ever played. Now you can do it LIVE! Rockville's largest park, RedGate, becomes your very own archery playing field! Get your heart going and your friends pumped! Tag each other with foam-tipped arrows. Dip, dive and dodge your way across the field. Catch arrows in mid-air to bring your teammates back in the game! Game rules will be covered on the first day. All equipment is thoroughly sanitized before and after each game. Face masks must be worn at all times.

Age: 11-16

18448 Tu 3/30 11 AM-12 PM \$35/\$45

18449 Tu 3/30 12:30-1:30 PM \$35/\$45

RedGate Park

Outdoor Laser Tag Adventures

Tired of being in the house? Want to hang out with your friends while also staying safe? Join us as we turn Woodley Gardens Park into our first-ever outdoor laser tag tactical-mission center. Face off in an epic laser tag battle. All equipment is provided and will be thoroughly sanitized before and after each event. Face masks must be worn at all times.

Age: 11-16

18446 M 3/29 11 AM-12 PM \$20/\$30

18447 M 3/29 12:30-1:30 PM \$20/\$30

Woodley Gardens Park

Park Pride

Volunteer cleaning up the park and the trails at the Twinbrook Community Recreation Center. Earn SSL hours while you show your park pride. Each participant will receive gloves, a garbage bag and a set of trash pickers to use. Return the trash pickers to receive your SSL form!

Age: 11-16

18367 W 4/14 2:30-3:30 PM Free

18369 W 4/28 2:30-3:30 PM Free

18370 W 5/12 2:30-3:30 PM Free

18371 W 5/26 2:30-3:30 PM Free

Twinbrook CRC

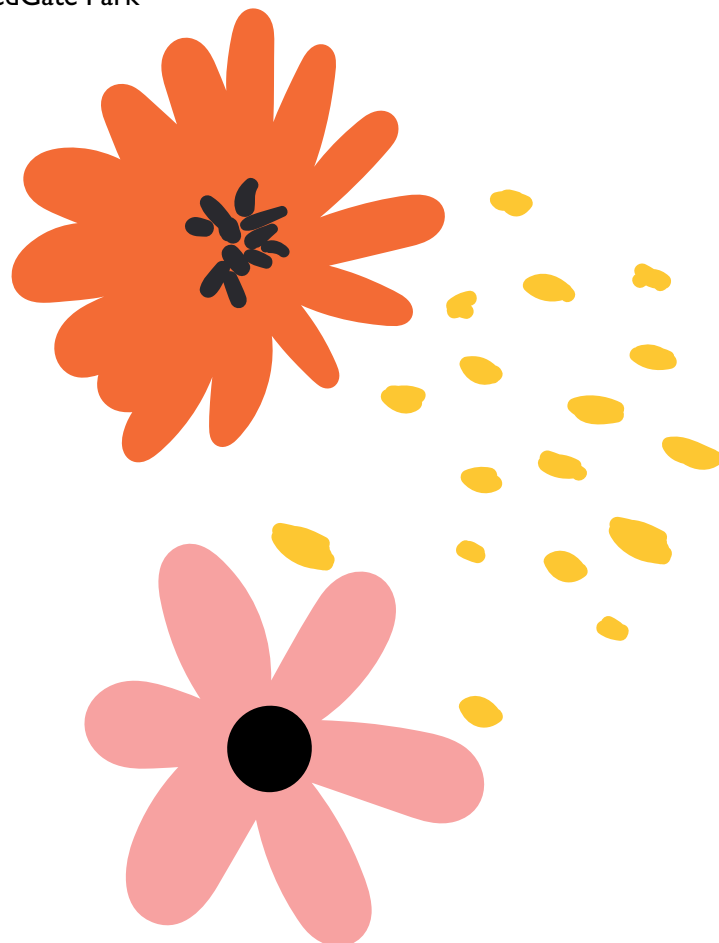
Ultimate Capture the Flag

Head to Redgate Park for the biggest capture the flag game ever played in Rockville. Join us as we turn Redgate park into our backyard playground. Participants will have the opportunity to team up with friends to capture opponents' flag. Water and snacks will be provided. Face masks must be worn, but can be removed where social distancing is possible.

Age: 11-16

18450 W 3/31 12-3 PM \$20/\$30

RedGate Park



Help Rockville Youth Become a Mentor

- Work with elementary school students.
- One-on-one mentoring, one hour before or after school once a week, October-May.
- Training and support provided.
- Meet in a supervised group setting.

No special skills needed, just a willingness to listen, offer guidance, friendship and encouragement. Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Cecil Rucker at **240-314-8317** or email **crucker@rockvillemd.gov**




CleanUp Rockville

Volunteer to complete a self-guided litter cleanup in one of Rockville's parks!

This program is eligible for SSL hours

Register for course #18457 and receive instructions on how to complete your cleanup and earn your hours.

Children under 14 must be accompanied by an adult.
All participants must register. Free!

Work in Recreation

SUMMER AND YEAR-ROUND POSITIONS

- Before-and After-school Staff • Trip Leaders
- Class Instructors – Yoga, Pilates, Boot Camp, Pickleball, Fitness, Children's Sports
- Lifeguards and Swim Instructors
- Bus Drivers (CDL required) • Social Event Hosts

SEASONAL POSITIONS

- Directors and Leaders – Camps/Playgrounds
- Sports Officials • Gym Managers • Scorers/Timers

For information, visit
www.rockvillemd.gov/careers
or contact the Human Resources Department
240-314-8470





ADULTS

Arts, Dance and Enrichment

Ballet Teen and Adult

Learn the art of ballet through an elementary but professional approach. Advanced classes are for serious dancers with previous training. See Children's, Teens and Adult sections for more classes. Register for one class and add additional classes of similar level (of equal or lesser value) for \$50 each. Dancers may have the opportunity to participate in small group, in-person instruction on a rotating basis as space and safety permits.

Age: 13+

Beginner-Intermediate

18252	Th	4/8-6/3	7:50-9 PM	\$145/\$155
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Online/Chongpinitchai

18239	M	4/12-5/31	7:20-8:30 PM	\$120/\$130
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Online/Chongpinitchai/Simpson

Intermediate

18253	Tu	4/6-6/1	7:50-9 PM	\$145/\$155
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Online/Keppetipola

Advanced

18256	Tu	4/6-6/1	6:10-7:30 PM	\$175/\$185
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Online/Keppetipola

18255	Th	4/8-6/3	6:10-7:30 PM	\$175/\$185
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Online/Chongpinitchai/Simpson



From the Glenview Mansion Library

Join the staff from the Civic Center Park as we explore the world of the roaring twenties through literature, biography, and even verse. We will reflect on culture 100 years later and discuss not only how society has changed but also what still feels familiar. Grab your book and join us as we bring the Glenview Mansion Library to you.

Howards End by E. M. Forster

E. M. Forster and his mother were forced to move out of their family home, Rooks Nest, because of their changed financial situation. Forster was just a young man, and he would dream of his family home for the remainder of his life. This one incident shaped how he viewed the world, and that influence is seen in his writing of "Howards End". This book brings together one's inheritance and one's place in the world.

Age: All Ages

18334 Th 4/15 7:30-8:30 PM \$4/\$5
Online

Murder in the Cathedral by T.S. Elliot

"Murder in the Cathedral" is a verse drama first performed in 1935, that portrays the assassination of Archbishop Thomas Becket in Canterbury Cathedral during the reign of Henry II in 1170. Eliot drew heavily on the writing of Edward Grim, a clerk who was an eyewitness to the event. Praised for its poetically masterful handling of issues of faith, politics, and the common good, "Murder at the Cathedral" bolstered Eliot's reputation as the most significant poet of his time.

Age: All Ages

18336 Th 5/13 7:30-8:30 PM \$4/\$5
Online

Z: A Novel of Zelda Fitzgerald by Therese Anne Fowler

At the dawn of the Jazz Age, F. Scott and Zelda Fitzgerald were legends in their own time. But who WAS Zelda, other than the wife of a famous (sometimes infamous) husband? Can she forge her own identity while fighting her demons and F. Scott's, too? With brilliant insight and imagination, Therese Anne Fowler's New York Times bestseller brings us Zelda's irresistible story as she herself might have told it.

Age: All Ages

18337 Th 5/20 7-8 PM \$4/\$5
Online

Pride and Prejudice by Jane Austen

Written in 1813, "Pride and Prejudice" is the definitive romantic novel of the Georgian era. Through the lives and loves of the Bennet family, we find how disastrous instant judgments of others can be, and how incorrect a person is about others when only looking at wealth. In a time when reputation, class, and familial connections were considered everything, "Pride and Prejudice" is the triumph of love over societal pressures.

Age: All Ages

18339 Th 6/3 7:30-8:30 PM \$4/\$5
Online

Mysteries From Glenview Mansion

The historic Glenview Mansion is proud to present the chilling tales and thrilling adventures of Mysteries from Glenview Mansion! This program breathes new life into the radio plays of yesteryear, bringing back to the airwave's classic stories in the style of Agatha Christie's Poirot, Sir Arthur Conan Doyle's Sherlock Holmes, and many more. You can listen to the recording whenever and wherever you would like. Each episode will have a teaser posted to the Glenview Mansion Facebook page at the listed time, and the whole episode will be available on Spotify, iTunes, or your favorite podcatcher (and don't forget to rate, review, and subscribe!)

Yours Truly, Johnny Dollar - Murder Is a Merry-Go-Round

Murder Is a Merry-Go-Round Tragedy strikes the midway in this crime noir tale from the one and only Johnny Dollar, America's "fabulous freelance insurance investigator". The carnival has come to town, but fun and games are in short supply while thrills and chills abound for the man with the action-packed expense account.

Age: 16+

18343 Tu 4/6 7-8:30 PM Free
Online

20,000 Leagues Under the Sea

The French author and noted futurist Jules Verne may not have invented science fiction, but his body of work certainly left a defining mark on that genre. This maritime tale of voyage and discovery was adapted from his famous 1869 novel of the same name and carries the promise of grand adventure on (and under!) the high seas.

Age: 16+

18344 Tu 5/4 7-8:30 PM Free
Online

The New Adventures of Sherlock Holmes - The Case of the Dead Adventuress

It's not unusual to find the great detective and his faithful companion caught up in a murder mystery. What is unusual is the identity of the number one suspect: Sherlock Holmes! Join us as Laura Fawkes Lapole and Khali Israel once again bring to life the intrepid duo of Doctor Watson and Detective Holmes as they race to unravel the case.

Age: 16+

18344 Tu 6/8 7-8:30 PM Free
Online

Zelda By Zoomlight Movie Club

Zelda Fitzgerald was a leader and innovator in the brave new world of the Roaring 1920s. We honor her by entering the 2020s with innovative technology and legendary films. Zelda by Zoomlight presents films that are relevant to the Fitzgeralds and to us, the Civic Center Park. We'll watch together from the comfort of our own homes, sharing our pasts in a way today's technology has made possible. Attendees will receive a link to a Zoom conference where the film will be shared, and a live chat discussion will be led by one of the Civic Center Park staff.

Oliver Twist

George C. Scott and Tim Curry star in this terrific adaptation of the classic Dicken's novel. "Oliver Twist" is known for its scathing indictment of England during the late stages of the Industrial Revolution and for its iconic line, "Please sir, I want some more."

Age: 16+

18379 Tu 4/6 7:30-10 PM \$4/\$5
Online

Last Time I Saw Paris

Loosely based on F. Scott Fitzgerald's novel "Babylon Revisited". Elizabeth Taylor and Van Johnson lead an all-star cast in this classic romantic melodrama. Fitzgerald's familiar themes of love, greed, and family drama are shown beautifully against post-war Paris.

Age: 16+

18382 Tu 4/20 7:30-10 PM \$4/\$5
Online

From Russia With Love

"From Russia With Love" features Sean Connery reprising his iconic role as MI6 agent, James Bond. International crime organization, SPECTRE, sets a trap for 007, seeking revenge for the death of their agent Dr. No. This cold war thriller has a well-paced script, a great cast, and all the classic Bond elements that make for an exciting classic film!

Age: 16+

18384 Tu 5/4 7:30-10 PM \$4/\$5
Online

A Farewell to Arms

Ernest Hemingway's powerful anti-war novel, adapted into a film starring Gary Cooper (1932), follows American ambulance driver Lieutenant Frederic Henry from World War I through finding a quiet life in the mountains. This film received Academy Awards for Best Cinematography and Best Sound, and was nominated for Best Picture and Best Art Direction.

Age: 16+

18386 Tu 5/18 7:30-10 PM \$4/\$5
Online

The Pajama Game

SPECIAL PAJAMA PARTY EVENT! Throw on your pajamas, gather the family, make a snack, and join us for 1957 musical film "The Pajama Game"! This classic movie is based on the 1953 novel "7 1/2 Cents" by Richard Pike. Doris Day's Babe takes on the establishment when she leads her fellow factory workers to strike after their request for a 7 1/2 cent raise. This lively romp through the workings of labor disputes features the noted songs "Hernando's Hideaway" and "Steam Heat".

Age: 16+

18387 Sa 5/29 7:30-10 PM \$4/\$5
Online

Away From Her

This Oscar-nominated, Sundance Film Festival drama is based on an Alice Munro short story. This film stars Julie Christie and Gordon Pinsent. After 44 years of marriage to her husband Grant, Fiona is placed in a nursing home due to progressive issues revolving around Alzheimer's. Grant takes a close look at his own life over the years while coping with his wife's transference of affections towards another nursing home resident and eventual total memory loss.

Age: 16+

18388 Tu 6/8 7-10 PM \$4/\$5
Online

Fitness

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

17975 W 4/21-6/9 12:45-1:15 PM \$44/\$53

Rockville Swim and Fitness Center/DiTullio

17976 F 4/23-6/11 12:45-1:15 PM \$44/\$53

Rockville Swim and Fitness Center/Gwet

Body Sculpt

Be prepared to sweat! This total-body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

17940 Tu 4/20-6/8 5:30-6:25 PM \$78/\$83

Online/Johnson

Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

17992 W 4/21-6/9 5:30-6:30 PM \$69/\$83

Rockville Swim and Fitness Center/Silverman

Bootcamp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

18004 F 4/23-6/11 6:30-7:30 AM \$69/\$83

Rockville Swim and Fitness Center/Gwet

Cardio and Strength Training

Get a great workout as you improve your cardio fitness, improve strength and flexibility. Workout will give you a full body workout as you burn calories and feel energized. Bring a water bottle, weights and a mat.

Age: 16+

18331 W 4/7-5/26 7:15-8 AM \$64/\$74

College Gardens Park/Fleishman

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

18005 Th 4/22-6/10 6-7 PM \$69/\$83

Rockville Swim and Fitness Center/DiTullio

Cardio Sculpt and Tone

Enjoy a mix of cardio and core exercises and strength training. Get a well-rounded workout, increase your flexibility and get into shape. Bring a mat and weights.

Age: 16+

18621 Sa 4/10-6/5 7:45-8:45 AM \$74/\$84

College Gardens Park/Fleishman

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights are used.

Age: 16+

18001 Tu 4/20-6/8 11:15 AM-12 PM \$69/\$83

Rockville Swim and Fitness Center/Khrolenko

18002 Th 4/22-6/10 11:15 AM-12 PM \$69/\$83

Rockville Swim and Fitness Center/Kolanowski

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. You will need a mat and should wear comfortable clothes. Class will be taught via Zoom.

Age: 16+

18288 Tu 4/6-6/8 7:30-8:30 PM \$99/\$109

Online/Poole

Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. You will need a mat and should wear comfortable clothing. Class will be taught via Zoom.

Age: 16+

18289 Tu 4/6-6/8 6-7 PM \$99/\$109

Online/Poole

Pilates - Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

18139 Th 4/22-6/10 10:15-11:15 AM \$110/\$132

Rockville Swim and Fitness Center/Kolanowski

Shred It

This workout combines strength and interval training exercises that will help you burn more calories and increase your fitness level. Using short higher-intensity training segments in between rest periods will increase your metabolic demand and make your body more energy efficient. Bring a mat, water bottle and weights.

Age: 16+

18622 M 4/19-6/7 6-6:45 PM \$56/\$66

Woodley Gardens Park/Lake

Strength Training and Core

Build strength and improve your endurance and flexibility. Class includes core work and a variety of exercises to improve muscle strength and toning. Bring a water bottle, weights and a mat.

Age: 16+

18271 F 4/9-5/28 7:15-8 AM \$64/\$74

College Gardens Park/Fleishman



Yoga - Balance, Flexibility, Mood & Strength

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. You will need a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

Age: 16+

18291 M 4/5-6/7 1-2:15 PM \$90/\$100
Online/Neves

Yoga - Gentle with Stretching

Learn simple ways of bringing the benefits of a yoga practice into your daily life for greater well-being. Enjoy a meditative experience with restorative and gentle poses, stretches, movements and breath. No prior yoga experience required. Good for all levels. Positions and stretches are accessible to most individuals. You will need a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

Age: 16+

18293 Th 4/8-6/10 7:30-8:45 PM \$100/\$110
Online/Neves

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. You will need a yoga mat, two yoga blocks, a sturdy blanket or bath sheet and a strap.

Age: 16+

18292 M 4/5-6/7 7:30-8:45 PM \$90/\$100
Online/Neves

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment. Bring a mat and wear comfortable clothing.

Age: 16+

18140 Tu 4/20-6/8 9:15-10:15 AM \$110/\$132
Rockville Swim and Fitness Center/Mendoza

18468 Th 4/22-6/10 5-6 PM \$110/\$132
Rockville Swim and Fitness Center/Rubens

Yoga Flow

Popular class style that elevates your mood and increases fitness. Yoga postures and conscious breathing will be sequenced in fluid sets. Build strength, balance, and flexibility. Find your joy of yoga by feeling amazing!

Age: 16+

18635 Sa 4/24-6/12 9-10 AM \$99/\$109
Thrive Yoga

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 16+

18143 W 4/21-6/9 9:15-10:15 AM \$110/\$132
18136 Sa 4/24-6/12 9:15-10:15 AM \$96/\$115
Rockville Swim and Fitness Center/Mendoza

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core. Bring a mat and wear comfortable clothing.

Age: 16+

18141 W 4/21-6/9 7-8 PM \$110/\$132
Rockville Swim and Fitness Center/Mendoza

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Yoga Shivasana and Crystal Bowls

Hatha yoga stretches, postures and pranayama sequenced and modified for individual students that attend class. A great opportunity to get attention (non-touch) and expand your experiential understanding of yoga. Enjoy a deep savasana as the sweet sound vibration of a short sound bath of crystal bowls surround you.

Age: 16+

18636 F 4/23-6/11 12-1 PM \$99/\$109
Thrive Yoga

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

17990 W 4/21-6/9 5:30-6:15 PM \$69/\$83
Online/Johnson

17988 Th 4/22-6/10 7-7:45 PM \$69/\$83
Rockville Swim and Fitness Center/Creel

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

17942 Sa 4/21-6/9 11:30 AM-12:30 PM \$69/\$83
Online/Natty Ko/Kevin Ko

17991 W 4/21-6/9 12-12:45 PM \$69/\$83
Rockville Swim and Fitness Center/DiTullio

Ultimate HIIT

Short on time? Want a fun, mood-boosting workout? This energizing class is designed to improve cardiovascular endurance and build strength. H.I.I.T. is a format that consists of short bursts of higher intensity work followed by a brief recovery period. A wide repertoire of exercises and techniques will be taught and modified for all fitness levels. You will need a mat and weights.

Age: 16+

18705 F 4/9-6/41 7:30-8:15 AM \$60/\$70
Online/Shanker

Martial Arts

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing, this course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

18294 Tu 4/20-6/8 7-8:20 PM \$128/\$140

18299 Sa 4/24-6/19 2-3:20 PM \$128/\$140

Rockville Fencing Academy/Staff

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Sign up for two classes and save \$29.

Age: 13+

18224 M 4/12-5/10 8:25-9:10 PM \$85/\$95

18225 Tu 4/13-5/11 8:15-9 PM \$85/\$95

18226 W 4/14-5/12 8:15-9 PM \$85/\$95

18227 Th 4/15-5/13 8-8:45 PM \$85/\$95

Kicks Karate/Staff



Sports - Instructional

Pickleball - Outdoor

A paddle sport that is a cross between tennis, badminton and ping pong where you hit a whiffle ball over a badminton-sized court. Participants will learn tips for smart pickleball play, instruction for all strokes and serve, drill work, scoring, doubles strategies and play. Bring your own paddle. All classes held at Mattie Stepanek Park. Wednesday classes are taught by Pam Bradley. Saturday classes are taught by Emer Daly.

Age: 16+

Beginner 1

You are completely new to Pickleball or you have played some Pickleball but do not yet meet the requirements of Beginner Level 2.

18569	Sa	4/17-5/1	3:45-5 PM	\$55/\$63
18575	W	5/19-6/2	5:30-6:45 PM	\$55/\$63

Beginner 2

You can keep a rally going of 4 to 5 shots in a row, and get 50 % of your serves and returns into the court. You know the basic rules and how to keep score.

18573	W	4/14-4/28	5:30-6:45 PM	\$55/\$63
18570	Sa	5/22-6/5	3:45-5 PM	\$55/\$63

Novice 1

You can dink the ball keeping it in the no volley zone/kitchen area for 10 or more shots in a row. You can get 80% of your serves and return of serves into the court. You come up to the no volley zone/kitchen area immediately after returning every serve. You know the rules of the game and how to keep score.

18571	Sa	4/17-5/1	5:15-6:30 PM	\$55/\$63
18576	W	5/19-6/2	7-8:15 PM	\$55/\$63

Novice 2

You meet the requirements of Novice Level 1 confidently and you are starting to attempt to drop the ball in the no volley zone/kitchen area on occasion when playing games. You are getting more confident at the no volley zone/kitchen area with your dinks and volleys.

18574	W	4/14-4/28	7-8:15 PM	\$55/\$63
18572	Sa	5/22-6/5	5:15-6:30 PM	\$55/\$63

Mattie Stepanek Park.

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racket.

Age: 16+

Beg/Nov 2.0-3.0 NTRP Level

18308	Tu	4/13-5/18	6-6:50 PM	\$75/\$85
Dogwood Park/M. Yargici				
18309	M	4/19-5/24	6-6:50 PM	\$75/\$85
Twinbrook CRC/Asaka				
18307	W	4/21-5/26	6-6:50 PM	\$75/\$85
Mattie Stepanek Park/Asaka				

Intermediate 3.0-3.5 NTRP Level

18323	Tu	4/13-5/18	7-8:15 PM	\$89/\$99
Dogwood Park/M. Yargici				
18324	M	4/19-5/24	7-8:15 PM	\$89/\$99
Twinbrook CRC/Asaka				
18325	W	4/21-5/26	7-8:15 PM	\$89/\$99
Mattie Stepanek Park/Asaka				

Sports Leagues

Adult Pickleball Ladder League

In this new coed pickleball league you will have the opportunity to test your skills against players with the same skill levels. Each week, players will be placed in groups of 4 in order of your ranking on the ladder for match play. The USAPA numeric rating system will be used to rank your skill level <https://www.usapa.org/player-skill-rating-definitions/>. All players will play three doubles games in a round robin fashion with the other three players of the foursome.

Age: 18+

Ladder

18433	Th	4/8-5/20	6-9 PM	\$45
Mattie Stepanek Park				

Adult Pickleball Traditional League

Doubles Team Pickle Ball League. Can be Men's, Women's or Coed teams. All teams play together. Three Divisions (self-rated): Beginning, Intermediate or Advanced. Each game will be best 2 out of 3 and last approximately one hour.

Age: 18+

Beginner

18428	Tu	4/6-5/18	6-9 PM	\$45
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Intermediate

18429	Tu	4/6-5/18	6-9 PM	\$45
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Advanced

18430	Tu	4/6-5/18	6-9 PM	\$45
Mattie Stepanek Park				

SPRING ADULT TEAM LEAGUES

**Co-Rec Sand Volleyball • Co-Rec Softball • Co-Rec Soccer 7's
Men's Softball • Co-Rec Pickleball (Traditional and Ladder)**

LEAGUE PLAY BEGINS:

April 2: Co-Rec Softball (Reverse)

April 5: Men's Softball

April 8: Co-Rec Soccer 7's

April 14: Co-Rec Pickleball

April 20: Co-Rec Sand Volleyball



**Visit rockvillemd.gov/recreation/sports
or call 240-314-8620**



**May is
National Bike
Month!**

ROCKVILLE BICYCLE ADVISORY COMMITTEE

www.rockvillemd.gov/rbac

rockvillebikerides@gmail.com

www.facebook.com/bikerockville

www.meetup.com/bikerockville

**RBAC encourages
you to ride your bike
for transportation,
recreation and staying
healthy.**

**Check out our tips
for Biking Safely
During the COVID-19
Pandemic.**

**RBAC meets virtually the first Wednesday
of each month 7-9 p.m. All are welcome.**

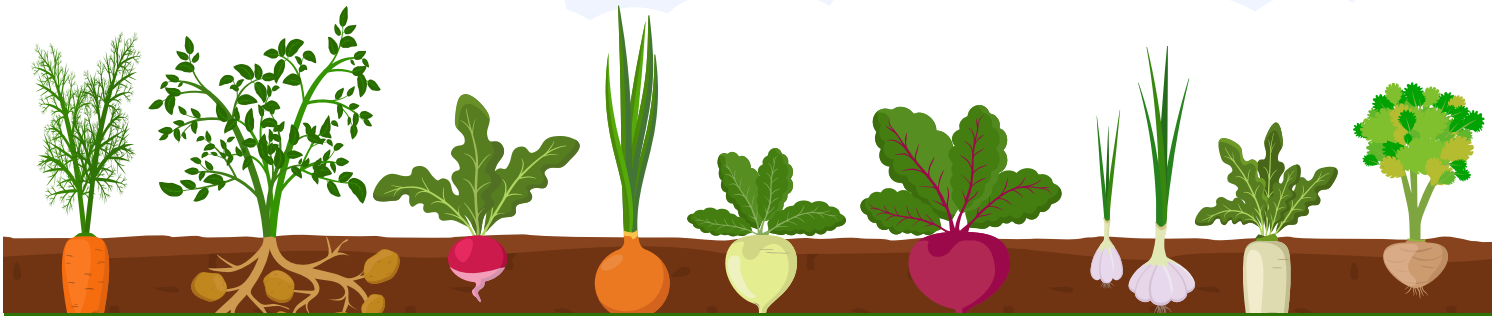
**Montgomery County requires anyone under age 18 to wear a bicycle helmet when riding or being carried on a bicycle, including a bicycle with training wheels, on a public street, right-of-way, sidewalk or bicycle path in the county.*

2021 WOOTTONS MILL GARDEN PLOT PROGRAM

Registration Now Open!

Plots are ready for use April 1, program ends Nov. 15.

Join over 100 active gardeners. Make friends and be active while reaping the benefits of growing your own fresh vegetables. The City of Rockville provides access to water. Garden plots are approximately 25 by 25 feet. Gardeners provide their own fencing, weed barrier, hoses, tools and other gardening supplies. Garden plots are available for both residents and nonresidents. Season fees \$70/\$80. Email woottonsmill@rockvillemd.gov for more info.



Visit www.rockvillemd.gov/gardenplots to download an information packet with a registration form.



Need Help with Past-Due Rent or Utility Payments?

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off, or who need prescription medication.

Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive.
240-777-4550.

240-314-8310 • www.rockvillemd.gov/communityservices/assistance

Rockville Events Sponsorship Opportunities

REACH NEW AUDIENCES

Sponsor benefits include on-site booth and signage, logo on materials, mentions on social media and more, depending on level of support.

Contact:

240-314-8658 • elisdeal@rockvillemd.gov



Sign up for City of Rockville
Emergency Notifications



rockvillemd.gov/alerts

Public Safety • Severe Weather • Traffic

The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts**

The Senior Center including the fitness room is closed and will reopen when the State of Emergency is lifted.

ROCKVILLE SENIOR CENTER

www.rockvillemd.gov/seniorcenter

240-314-8800 • seniorcenter@rockvillemd.gov • 1150 Carnation Drive, Rockville, MD 20850

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

Hours

(for calls and emails)
Monday - Friday
8:30 a.m.-5 p.m.

Directions

Call 240-314-5019

Bus Transportation

Call 240-314-8810

Center Membership Fees

\$40/year – Rockville resident
\$135/year – Nonresident; \$65 spouse

Program Fees

Fee = member/nonmember

Registration Dates

All class registrations begin Thursday, March 4. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide.

Transportation

Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

Aging Information, Services, and Support

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

Senior Assistance Fund

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

Need Food During This time?

Call 240-314-8800 or email us at seniorcenter@rockvillemd.gov.

DID YOU KNOW WE HAVE A PEN PAL PROGRAM?

Call 240-314-8800 or email seniorcenter@rockvillemd.gov for more information

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Life in Rockville Recreation Guide. One \$10 discount may be used per Senior Center member, per activity for programs over \$50. Does not apply to workshops. This discount is not valid for aquatics classes. Refer to the aquatics section for pricing. For more information call 240-314-8800.



View the guide online at
www.rockvillemd.gov/recreation

Look for additional information in our

Adults 60+ Recreation and Services Guide

Mail-In Registration: We are taking mail-in's now and will process them in the order it is received starting on December 3. If mailing registrations, please complete the registration form and enclose a check and mail to: Rockville Senior Center 1150 Carnation Dr, Rockville, MD 20850. If mailing a registration, you will receive a receipt in the mail, or in your email. You will be contacted if you did not get into the class you wanted.

Online Registration: www.rockvillemd.gov/recreation Visa and MasterCard accepted. Please call our main number, 240-314-8800 or email us at seniorcenter@rockvillemd.gov if you have any questions regarding updating your membership, or registration in any of our offerings.

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be
60+ in Rockville!

The Senior Center
including the fitness
room is closed
and will reopen
when the State of
Emergency is lifted.

Any Questions?

Email us at
seniorcenter@rockvillemd.gov

BENEFITS OF THE SENIOR CENTER MEMBERSHIP INCLUDE:

Discounts on Senior Programs • Discounts on Rentals
 DVD Rentals • Eligibility to Join the Fitness Center Early
 Class Registration • Drop-In Programs
 Discounts in All Rockville Adult Classes
 Eligible for Senior Garden Plots

SENIOR TRANSPORTATION

Weekly Shopping for Seniors: Senior services is now providing limited transportation to Giant grocery store. Please call to receive the schedule.

Shopping for Seniors: Rockville Senior Services is providing emergency personal shopping to seniors during the COVID-19 emergency. Those eligible for the program are City of Rockville residents age 60 or older who must be able to pay for groceries. You provide payment and a list; staff will shop you and deliver groceries! Demand for the program is high, so please be patient as trips are scheduled. To make an appointment and to receive more details, call 240-314-8800.

Rockville Emergency Assistance Program (REAP)

For residents 60-plus, emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Andrea Rogers, 240-314-8817.



Senior Income Tax Assistance

The Senior Center will not be hosting tax preparation for the 2020 tax year. Call 240-777-2577 for tax preparation options.



FREE

for Maryland Residents 65+

Senior Call Check

A daily call to check on residents home alone.

CALL 1-866-50-CHECK

or Register Online
aging.maryland.gov





Rockville Villages

What are villages?

Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:

Contact Trish Evans, village facilitator, City of Rockville 240-314-8807 or pevans@rockvillemd.gov.
www.rockvillemd.gov/rockvilllevillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html



Senior Happenings

Walking On Sunshine

Join us on this virtual walk while viewing beautiful spring scenery from different parts of the world. Walk with us more than a mile, in the comfort of your own home.

Seated instruction will also be available.

Instructor: Klopfer Course 17915 M, 4/7 10-11 a.m. Free

Beginner Bird Walk

Discover the joy of watching birds! Join Croydon Creek Nature Center staff on a morning walk for beginning birders. Learn how to use binoculars for birding, identify common local species, use bird guides and apps, and much more. Binoculars provided or bring your own. Paths are paved but be prepared to walk over 1 mile.

Meet at the site of the former RedGate Golf Course at 14500 Avery Rd, Rockville.

Course 17776 Tu, 5/4 7:30-9 a.m. Free/\$4

Art Reception

Featuring the work of Val Fry's watercolor classes.

Registration is required for Zoom link.

Course 17784 Th, 5/20 6:30-8 p.m. Free

Memorial Day Celebration

Join us as we learn more about the new National Museum of the United States Army at Fort Belvoir, Virginia. Army Historical Foundation President, LTG Roger Schultz (USA-Ret.) will join us virtually as we explore this monumental museum and its importance to the American Soldiers and their families.

Course 17787 Th, 5/27 11:30 a.m.-12:30 p.m. Free/\$7

Glenview Mansion

AT ROCKVILLE CIVIC CENTER PARK



* Love, Laughter and Happily Ever After *

240-314-8660 • www.rockvillemd.gov/glenview



♥ All are welcome.



City of
Rockville
Get Into It

Bring Rockville's
Recreation and Parks Dept. Home with You!



Available on Spotify, iTunes or your favorite podcatcher.

WWW.ROCKVILLEMD.GOV/RECREATION



Mysteries from Glenview Mansion – AVAILABLE NOW!

Adventures from Glenview Mansion – BEGINS APRIL 14!



www.rockvillemd.gov/glenview • www.peerlessrockville.org

GLENVIEW MANSION
& PEERLESS ROCKVILLE

Speaker SERIES

2020-2021

All events are on Thursdays and
start at 7 p.m.

This co-sponsored series is free
and open to all.

That's Entertainment!

Thursday, April 8, 2021 • 7 p.m.

Presented by Rockville Little Theatre

Register with course #18471 at
www.rockvillemd.gov/registration



We've gone virtual!
Join us via teleconference.

2021

INTERNATIONAL



*We're all in
this together*

Friday, April 23 at 8 p.m.

Broadcast Premiere on Rockville 11
(In SD Comcast Channel 11/HD MBN Comcast 997)

Live Chat with Us During YouTube Premiere
[YouTube.com/CityofRockville](https://www.youtube.com/CityofRockville)

**Virtual performance,
citizenship welcome,
fun facts, recipes
and more!**



GLENVIEW MANSION

AT CIVIC CENTER PARK

SPRING VIRTUAL PROGRAMS

From the Glenview Mansion Library

Join the staff from the Civic Center Park as we explore the world of the roaring twenties through literature, biography, and even verse. We will reflect on culture 100 years later and discuss not only how society has changed but also what still feels familiar. Grab your book and join us as we bring the Glenview Mansion Library to you.

Howards End by E. M. Forster

Age: All Ages

18334 Th 4/15 7:30-8:30 PM \$4/\$5
Online

Murder in the Cathedral by T.S. Elliot

Age: All Ages

18336 Th 5/13 7:30-8:30 PM \$4/\$5
Online

Z: A Novel of Zelda Fitzgerald by Therese Anne Fowler

Age: All Ages

18337 Th 5/20 7-8 PM \$4/\$5
Online

Pride and Prejudice by Jane Austen

Age: All Ages

18339 Th 6/3 7:30-8:30 PM \$4/\$5
Online

Mysteries From Glenview Mansion

The historic Glenview Mansion is proud to present the chilling tales and thrilling adventures of Mysteries from Glenview Mansion! This program breathes new life into the radio plays of yesteryear, bringing back to the airwave's classic stories in the style of Agatha Christie's Poirot, Sir Arthur Conan Doyle's Sherlock Holmes, and many more. You can listen to the recording whenever and wherever you would like. Each episode will have a teaser posted to the Glenview Mansion Facebook page at the listed time, and the whole episode will be available on Spotify, iTunes, or your favorite podcatcher (and don't forget to rate, review, and subscribe!)

Yours Truly, Johnny Dollar - Murder Is a Merry-Go-Round

Age: 16+

18343 Tu 4/6 7-8:30 PM Free
Online

20,000 Leagues Under the Sea

Age: 16+

18344 Tu 5/4 7-8:30 PM Free
Online

The New Adventures of Sherlock Holmes - The Case of the Dead Adventuress

Age: 16+

18344 Tu 6/8 7-8:30 PM Free
Online

Zelda By Zoomlight Movie Club

Zelda Fitzgerald was a leader and innovator in the brave new world of the Roaring 1920s. We honor her by entering the 2020s with innovative technology and legendary films. Zelda by Zoomlight presents films that are relevant to the Fitzgeralds and to us, the Civic Center Park. We'll watch together from the comfort of our own homes, sharing our pasts in a way today's technology has made possible. Attendees will receive a link to a Zoom conference where the film will be shared, and a live chat discussion will be led by one of the Civic Center Park staff.

Oliver Twist

Age: 16+

18379 Tu 4/6 7:30-10 PM \$4/\$5
Online

Last Time I Saw Paris

Age: 16+

18382 Tu 4/20 7:30-10 PM \$4/\$5
Online

From Russia With Love

Age: 16+

18384 Tu 5/4 7:30-10 PM \$4/\$5
Online

A Farewell to Arms

Age: 16+

18386 Tu 5/18 7:30-10 PM \$4/\$5
Online

The Pajama Game.

Age: 16+

18387 Sa 5/29 7:30-10 PM \$4/\$5
Online

Away From Her

Age: 16+

18388 Tu 6/8 7-10 PM \$4/\$5
Online

Adventures from Glenview Mansion

SOS! Mayday!! Help!!! If anyone is receiving this message, my name is Professor Havren Claw and I have become unstuck in time and space! My assistants and I have been tumbling from world to world through deadly dungeons and dicey situations, seeking a way home through an ever-shifting landscape of new realities, each seemingly designed and brought to life by a completely different guest host with every change of scenery! I've managed to beam a signal out through most podcasting platforms. Please like, follow, subscribe, do whatever you can to reach us... you may be our only hope!

Age: 14+

Episode 1

We take our first steps into the world of Dungeons and Dragons.

18372 W 4/14 7-8 PM Free
Online

Episode 2

Another episode, another world! Each episode can be enjoyed on its own, but for maximum mayhem and adventure, start at the beginning.

18373 W 4/28 7-8 PM Free
Online

Episode 3

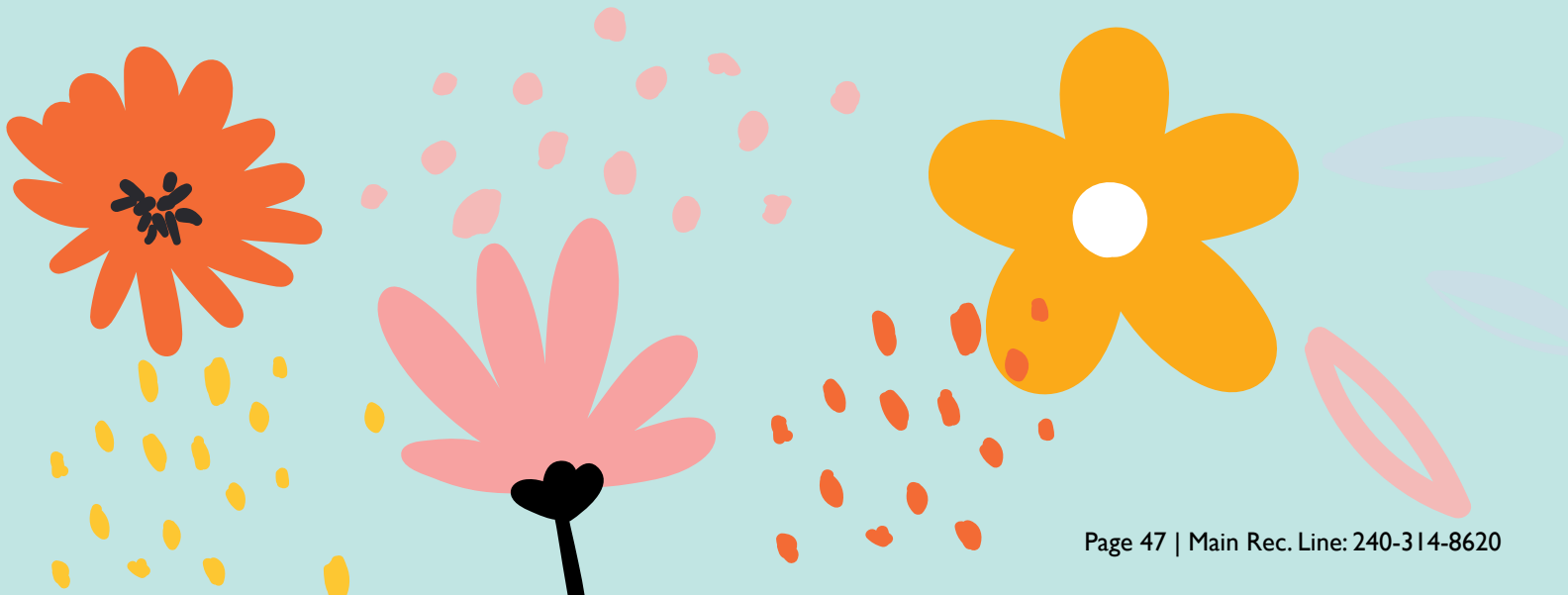
The adventurers continue their journey. Who knows what awaits?

18374 W 5/12 7-8 PM Free
Online

Episode 4

Will this be the episode that the adventurers make it home? Listen to find out!

18375 W 5/26 7-8 PM Free
Online





F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Box office: 240-314-8690
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Spring is in the air and with it, hope.

The F. Scott Fitzgerald Theatre may not have reopened yet, but we do have hope: hope that we will soon have the joy of hosting new events, hope that we will soon be surrounded by the electricity of live performances, and most importantly, hope that we will see you again soon, our loyal community.

Please join us for our wide selection of virtual programs, redesigned to be more dynamic in this digital world. Follow us on Facebook. Subscribe to our podcasts. We are here for you and hope to see you soon.

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatre • Box office is open Tues.-Sat., 2-6 p.m. and two hours prior to ticketed shows.

FREQUENTLY USED FACILITIES AND PARKS

1. Beall ES, 451 Beall Ave. 20850
2. Broome Gym and Park, 751 Twinbrook Pkwy. 20851
3. Calvin Park, 1248 Gladstone Dr. 20851
4. City Hall, 111 Maryland Ave. 20850
5. Civic Ctr. Park, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. College Gardens ES, 1700 Yale Pl. 20850
7. College Gardens Park, 615 College Pkwy. 20850
8. Croydon Creek Nature Ctr., 852 Avery Rd. 20851
9. David Scull Park, 1131 First St. 20850
10. Dogwood Park, 800 Monroe St. 20850
11. Elwood Smith Com. Ctr., 601 Harrington Rd. 20852
12. Fallsmead ES, 1800 Greenplace Ter. 20854
13. Hillcrest Park, 1150 Crawford Dr. 20850
14. Julius West MS, 651 Great Falls Rd. 20850
15. Kicks Karate Rockville, 800 Pleasant Dr., Suite #140, 20850
16. King Farm Park, 401 Watkins Pond Blvd. 20850
17. Lakewood ES, 2534 Lindley Ter. 20850
18. Lincoln Park Com. Ctr./Isreal Park, 357 Frederick Ave. 20850
19. Mark Twain Park, 14501 Avery Rd. 20853
20. Maryvale ES/Park, 1000 First St. 20850
21. Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850
22. Meadow Hall ES, 951 Twinbrook Pkwy. 20851
23. Montrose Com. Ctr., 451 Congressional Ln. 20852
24. Monument Park, 550 Maryland Ave. 20850
25. Potomac Woods Park, 1380 Stratton Dr. 20854
26. Pump House Com. Ctr., 401 S. Horners Ln. 20850
28. Richard Montgomery HS
250 Richard Montgomery Dr. 20850
29. Ritchie Park ES, 1514 Dunster Rd. 20854
30. Robert Frost MS, 9201 Scott Dr. 20850
31. Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851
32. Rock Terrace School, 390 Martins Ln. 20850
33. Rockville Skate Park (at Welsh Park),
355 Martins Ln. 20850
34. Rockville Fencing Academy, 15221 Display Ct. 20850
35. Rockville High School. 2100 Baltimore Road. 20851.
36. Rockville Senior Ctr., 1150 Carnation Dr. 20850
37. Rockville Swim and Fitness Center,
355 Martins Ln. 20850
38. Rockville Town Square, 200 E. Middle Ln. 20850
39. Sofive Soccer Center, 1008 Westmore Ave. 20850
40. The School of Music, 1331 Rockville Pk. 20850
41. Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850
41. Thrive Yoga, 1321-B Rockville Pk. 20852
43. Twinbrook ES, 5911 Ridgway Ave. 20851
44. Twinbrook Com. Rec. Ctr.
12920 Twinbrook Pkwy. 20851
45. Welsh Park, 344 Martins Ln. 20850
46. Woodley Gardens Park, 900 Nelson St. 20850
47. Xtreme Acro & Cheer, 14702 Southlawn Ln. 20850

Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a childcare need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program.

Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper. Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/ Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

DONATE TO THE Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration

Online Donation Course #s

\$25 – #2232
\$50 – #2233
\$75 – #2234
\$100 – #2235
\$250 – #2236

Click on Log in or Create account
Enter your desired donation course number above
Donations by check may be made out in any amount to Rockville Recreation Fund

Mail to:

Rockville Department of Recreation and Parks
Rockville Youth Recreation Fund Donation
111 Maryland Ave., Rockville, MD 20850

Thank You!

Rockville Recreation and Parks Foundation has provided funding to help send kids to camp, enroll teens in a soccer league, provide team jerseys for track participants and much more in 2020.

We are grateful for their support.

To learn more about the Rockville Recreation and Parks Foundation visit **www.rrpfi.org**



Help Send a Kid to Camp!

Rockville Recreation and Parks Foundation is a 501(c)3 organization established to provide support such as:

- scholarship funds for the Rockville Youth Recreation Fund
- equipment including electronic scoreboards, wall pads, inflatable movie screen and more
- free swim lessons for eligible participants
- field renovations and improvements at Mattie J.T. Stepanek Park and Dogwood Park



Please send your tax deductible gift to:

**200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org
240-314-8867**

Name: _____

Address: _____

Email: _____

Phone: _____

This gift is in honor/memory of: _____

Connect Create Celebrate



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community.

Welcome to Rockville Recreation and Parks.

Recreation and Parks Mission Statement

Our mission is to nurture community connections.

We strive to be the place to make lifelong memories as you live, work, play and thrive. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community..

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Inclement Weather Policy

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city. Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Programs

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Sports Leagues

Call 240-314-5055, the sports weather information line for updates on leagues.

Swim and Fitness Center

Students can visit the Swim and Fitness Center website at www.rockvillemd.gov/swimcenter for updates and to sign up for alerts and the facility newsletter, where you will receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact us via email at registration@rockvillemd.gov. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

We Are Now Accepting Medical Assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter



Bridget Donnell Newton, Mayor
Councilmembers Monique Ashton, Beryl L. Feinberg,
David Myles, Mark Pierzchala

Robert DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Keep in touch!

General Information Lines:

Childcare, Classes, Recreation Programs.....	240-314-8620
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration	240-314-8600
Rockville Skate Park	240-314-8620
TTY (City Hall)	240-314-8137

Recorded Weather Information Lines:

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line)	240-314-5055

Rockville Civic Center Park:

Art Gallery	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Civic Center (Directions Line).....	240-314-5004

Recreation Centers:

Croydon Creek Nature Center	240-314-8770
Lincoln Park Community Center	240-314-8780
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Senior Center (Directions Line).....	240-314-5019

Registration Info

Registration Begins:

Thursday, March 4 for Senior Center members, Thursday, March 4 for general and nonmembers 8:30 a.m. by mail, fax and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Late registrations will be accepted if space is available.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program, unless otherwise specified. Send email to registration@rockvillemd.gov. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; camps \$50 after May 15; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

Requests are subject to availability. Requests must be in writing. Send email to registration@rockvillemd.gov. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Rate Key:

Prices are listed as:

Resident (R), Nonresident (NR)

Member (M), Nonmember (NM)

Online Recreation Registration System



CivicRec, powered by Reel, our online registration system, allows you to easily create an account, search, register, pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone. Visit www.rockvillemd.gov/registration.

How to Register

1. Online:

at www.rockvillemd.gov/registration.

2. Mail or Fax to:

Rockville City Hall, Dept. of Rec. And Parks
111 Maryland Avenue 20850
Fax: 240-314-8659

Rockville Swim and Fitness Ctr.
355 Martins Lane 20850
Fax: 240-314-8759

Rockville Senior Ctr.
1150 Carnation Drive 20850
Fax: 240-314-8809

Croydon Creek Nature Ctr.
852 Avery Road 20851
Fax: 240-314-8779

Lincoln Park Community Ctr.
357 Frederick Avenue 20850
Fax: 240-314-8789

Thomas Farm Community Ctr.
700 Fallsgrrove Drive 20850
Fax: 240-314-8849

Twinbrook Community Recreation Ctr.
12920 Twinbrook Parkway 20851
Fax: 240-314-8839



Use your smart phone for quick access to our website.

Registration Form | Formulario de inscripción

*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees Costo*

Rec Fund | Fondo de rec.: \$ _____ Sr. Ctr. Mem | Centro de Ancianos: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos: \$ _____
\$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8620 • www.rockvillemd.gov/recreation • Fax: 240-314-8659

City of Rockville • 111 Maryland Ave., Rockville, MD 20850

City of Rockville
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Rockville, Maryland 20850-2364

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9 a.m.-1 p.m.

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City of
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www.rockvillemd.gov/farmers • 240-314-8620

 **RockvilleFarmersMarket**